

03/10/2011

**STANDARD PERSONAL KIT FOR EXERCISES at 1292LdSH(RC) RCACC  
KEEP THIS LIST.**

**PLEASE NOTE: At no time is a combat or field training uniform of any kind required or expected!**

To be worn/carried:

- Sturdy outdoor boots suitable for hiking with ankle support
- CF combats or other clothing with WOOL socks (jeans or cotton sweat pants are not acceptable)
- Jacket suitable for the season
- One pair warm gloves or mittens (carried with you in winter/cold conditions)
- Toque (carried with you in winter/cold conditions, packed in other seasons) Beret, with field cap available
- Small personal survival kits, pocket sized, (optional and encouraged)
- Memo book/field message pad and pen (always)
- SMALL Pocket knife (optional AND ONLY ENCOURAGED IF CADET HAS BEEN TESTED ON KNIFE HANDLING/SAFETY)

To be carried in a duffle bag or rucksack or pack. Pack as lightly as possible in one pack if at all possible, Cadets may have to carry this for some distance. Multiple bags make that difficult

- Three pair wool socks (summer and winter) NOT COTTON SWEAT SOCKS. WOOL. USE DRESS SOCK AS A LINER IF WOOL ITCHES TOO MUCH. DO NOT SEND COTTON SOCKS, THEY GET COLD AND WET. NO SWEAT SOCKS
- Extra footwear suitable for outdoor wear (always needed)—WINTER BOOTS IN WINTER (no runners)
- Extra pair of gloves or mittens
- Two sets of underwear (top and bottom), as per weather: if only one set of long underwear available, second set could be sweatshirt and pants. The Cadet will sleep in one of these, for cold weather sweatsuits highly recommended.
- One spare long-sleeve shirt
- Wool sweater, vest or pile jacket for extra warmth
- Two pair of trousers (no cotton pants if possible)
- Waterproof jacket and pants, important in spring, summer and fall. Durable and dark colored if possible. Rain pants helpful in winter
- Hat or cap, if not carried on the person
- Personal hygiene kit (toothbrush, toothpaste, soap, shaving kit, (if needed) small towel and face cloth)
- cup
- Water canteen/water bottle
- small Flashlight
- Warm sleeping bag and sleeping pad UNLESS DIRECTED NOT TO BRING ONE (make sure the bag is covered for rain/snow during )
- Other items as directed specifically for an exercise

**The following items will not be allowed at any time!:**

- Rambo/ huge/survival style knives or machetes
- Portable sound systems or other similar electronic items
- Tobacco products, alcohol or other mood alternating substances

If in doubt, speak to one of your NCM's or Officers.

**Any cadet who is on medication is to advise the Medical Officer who will be appointed prior to the exercise. Medication is to be left with the Medical Officer**